WHAT IS CLAIMED IS:

1. An optical device comprising:

a package enclosing an optical element;

a sleeve for receiving an ferrule in which an optical fiber is held, the sleeve being provided on the package; and

a flexible sheet for dissipating heat generated in the package, the sheet being attached to the package.

2. An optical device according to claim 1, further comprising a flexible wiring board attached to the package, the wiring board being electrically connected to the optical element.

3. An optical device according to claim 1, wherein the optical element is a light-emitting element.

4. An optical device according to claim 3, wherein the package encloses a driver circuit for driving the light-emitting element.

5. An optical device according to claim 3, wherein the package encloses a thermo-electronic element for adjusting temperature of the light-emitting element.

6. An optical device according to claim 1,

wherein the optical element is a light-receiving element, and wherein the package encloses an amplifier circuit for amplifying an output signal of the light-receiving element.

7. An optical module comprising:

a body having a receptacle for receiving an optical connector plug; and

an optical device disposed in the body, the optical device having:

a package enclosing an optical element;

a sleeve for receiving a ferrule in which an optical fiber is held, the sleeve being provided on the package and an end of the sleeve being received in the receptacle; and

a flexible sheet for dissipating heat generated in the package, the sheet being attached to the package and fixed to the body.

8. An optical module according to claim 7, wherein the optical device further comprises a flexible wiring board attached to the package, the wiring board being electrically connected to the optical element.

9. An optical module according to claim 7, wherein the optical element is a light-emitting element.

10. An optical module according to claim 9, wherein the package encloses a driver circuit for driving the light-emitting element.

11. An optical module according to claim 9, wherein the package encloses a thermo-electronic element for adjusting temperature of the light-emitting element.

12. An optical device according to claim 7,

wherein the optical element is a light-receiving element, and

wherein the package encloses an amplifier circuit for amplifying an output signal of the light-receiving element.

13. An optical module according to claim 7, wherein the body has a wall with a through hole into which the sleeve is inserted.

14. An optical module according to claim 7,

wherein a protrusion for positioning the sleeve is provided on an outer surface of the sleeve, and

wherein the body has a wall abutting the protrusion to position the sleeve.

15. An optical module according to claim 7,

wherein the sheet is electrically conductive,

wherein the package has a surface in contact with the sheet, and

wherein the body has a portion in contact with the sheet, the portion having the same electrical potential as the surface of the package.